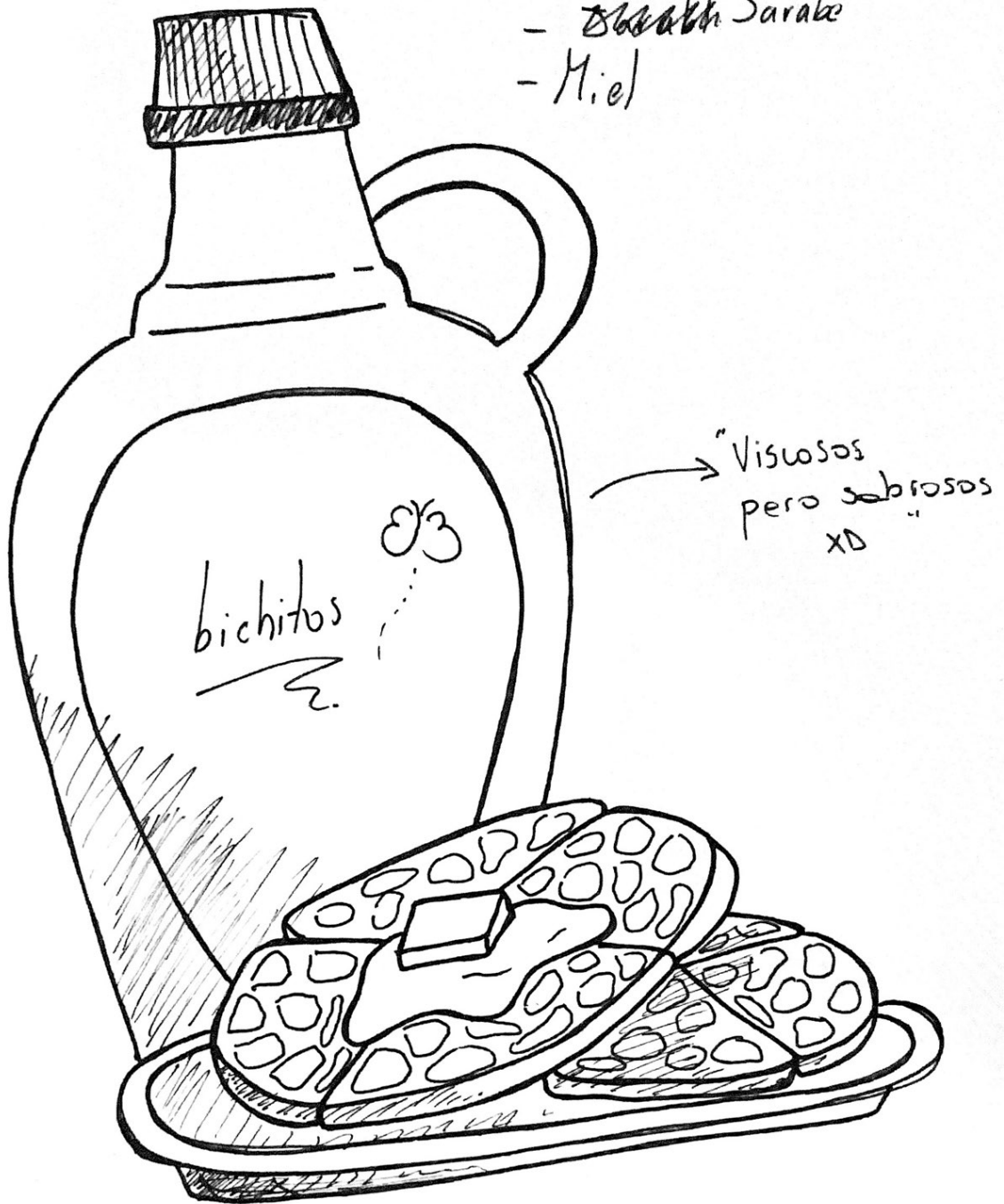


Desayunos :

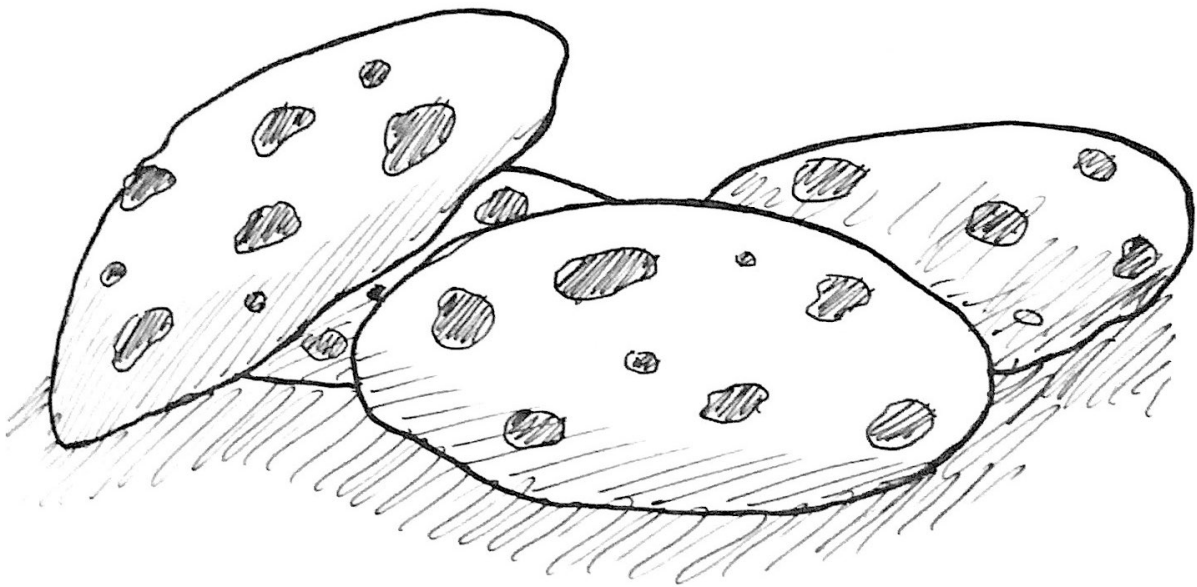
- Manjar
- ~~Bata~~ Zarabe
- Miel



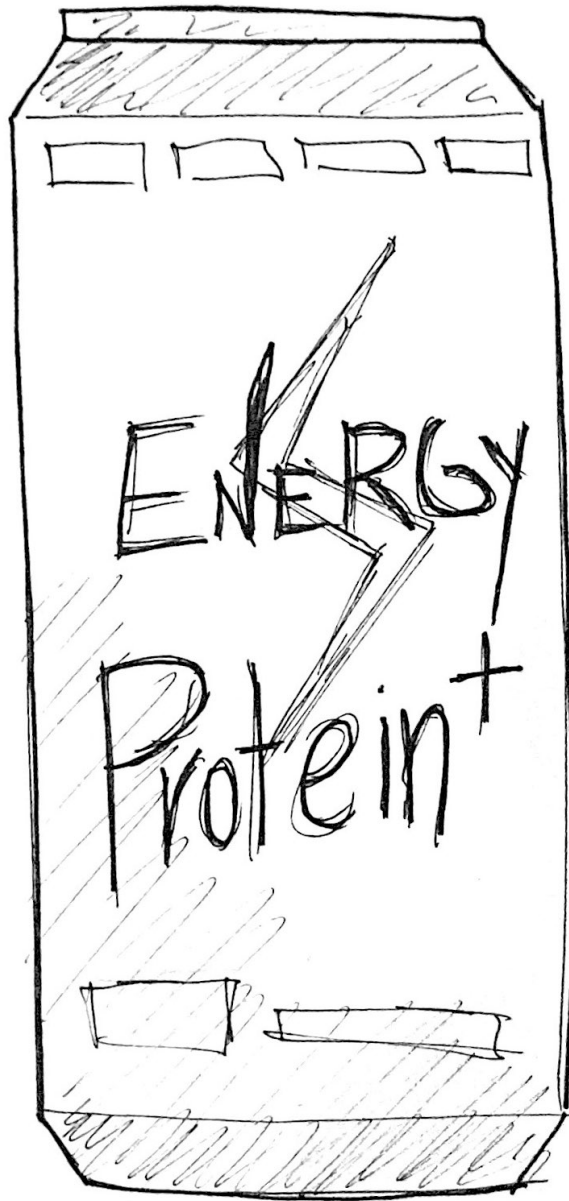
→ "Viscosos  
pero sabrosos  
XD"

## Snacks

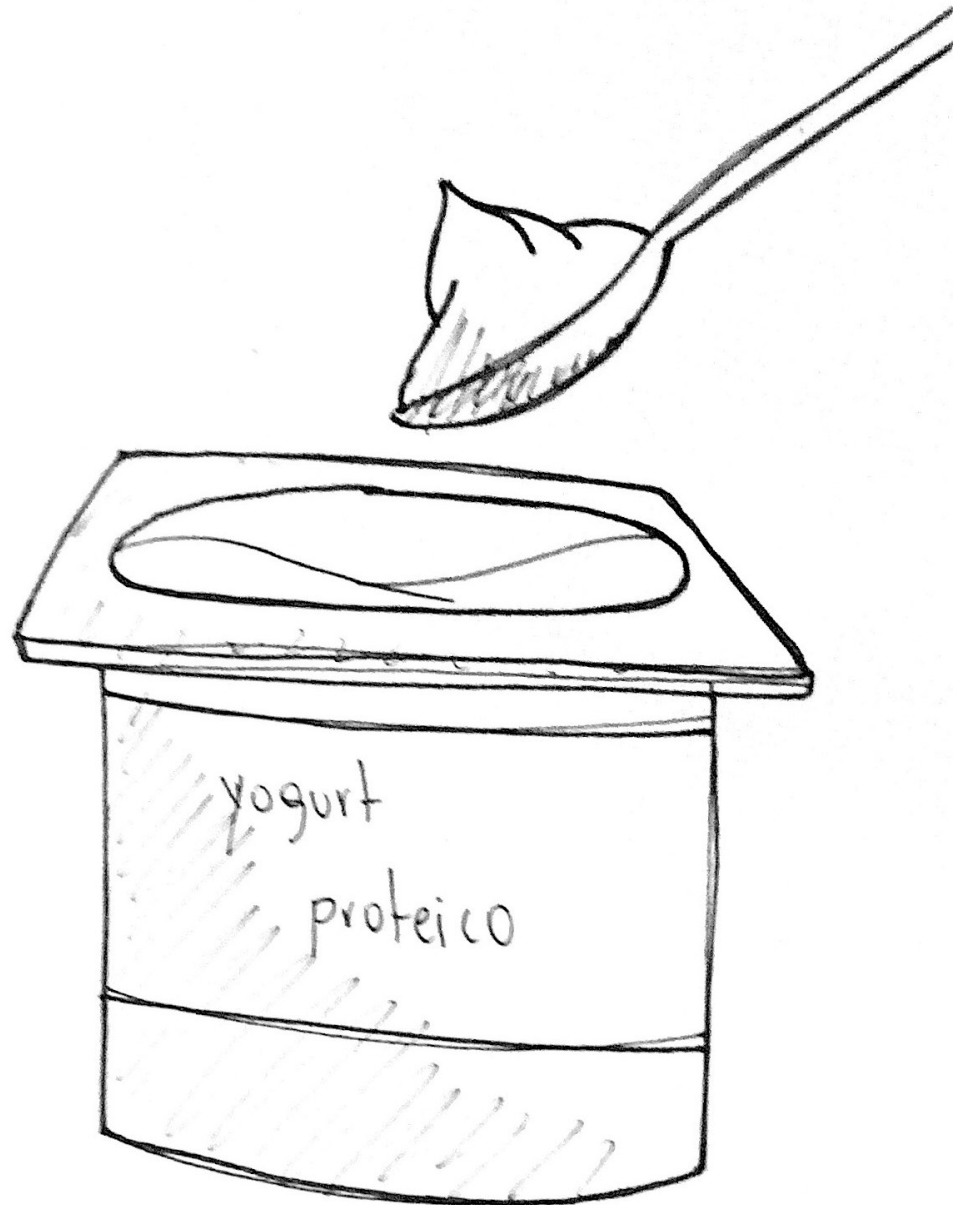
- cereal
- barritas
- galletas
- gomitas
- dulces



bebida → energética  
→ proteica

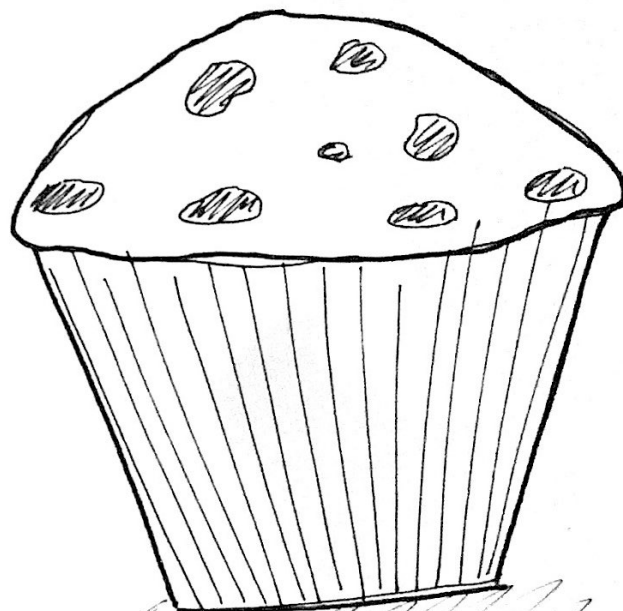


- Lácteos
- queso
- yogurt
- leche



- coccina / repostería

- Harina
- polvos
- proteína
- endulzante
- alimentos preparados
  - ↳ lentejas
  - ↳ sopas.

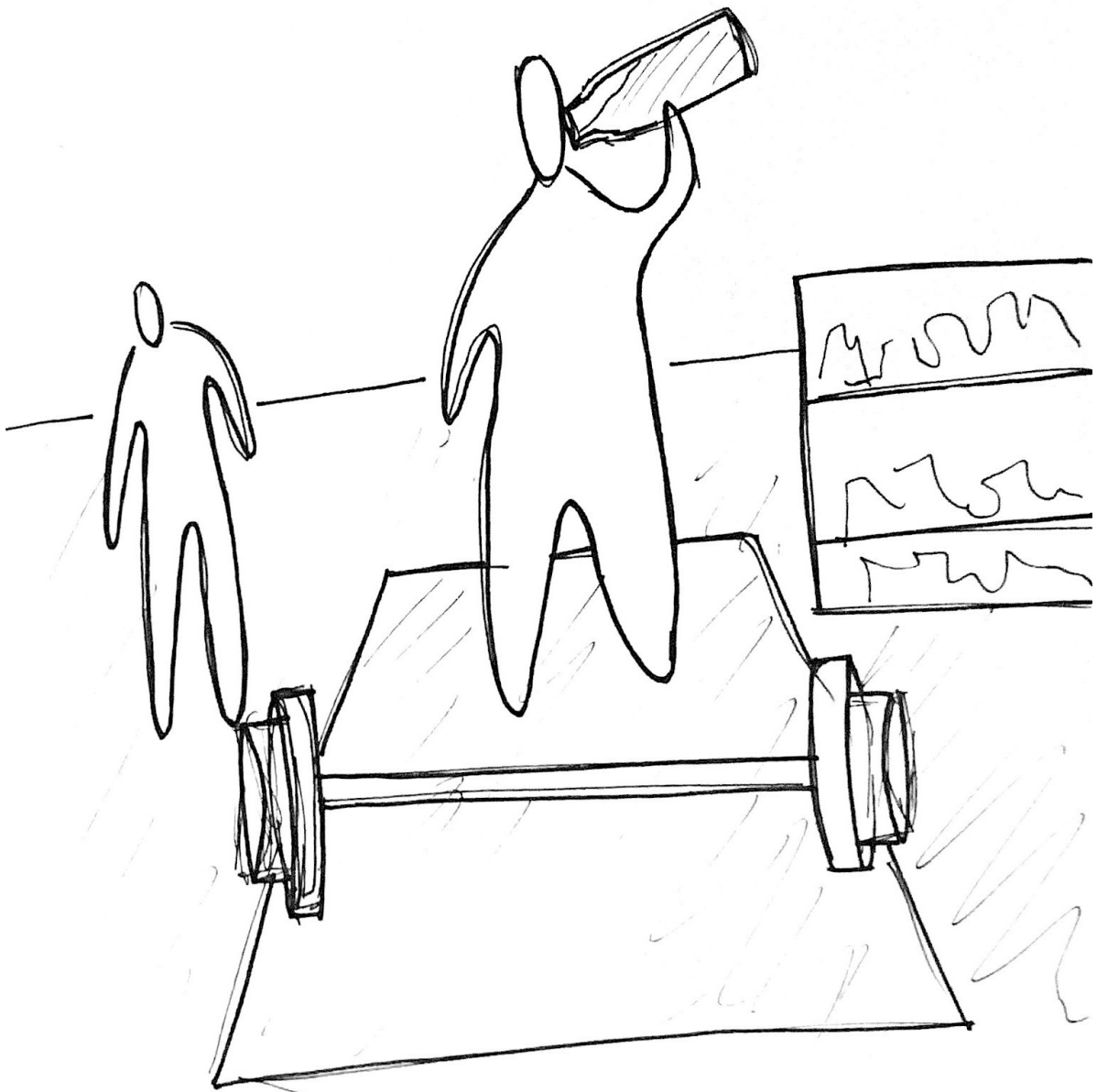


- Supermercados





- gimmasios



futuro  
↳ al rededor del  
mundo.

